

Signs of illness

Signs of illness in a newborn include a temperature less than 97.5F or greater than 100.5F. Also, failure to eat, vomiting, diarrhea, irritability, lethargy, jaundice and rash.



Londonderry Pediatrics

25 Buttrick Road, Bldg. E
Londonderry, NH
437 1003

2 weeks visit



Londonderry Pediatrics

25 Buttrick Road, Bldg. E
Londonderry, NH
437 1003

If your daycare provider requires an updated "physical exam form" please detach or photocopy this portion of the pamphlet.

Name: _____

DOB: _____ Date: _____

Height: _____ Percentile: _____

Weight: _____ Percentile: _____

Head: _____ Percentile: _____

General Exam: Normal

Findings: _____

Development: Normal

Findings: _____

Immunizations: Up to date (see attached if needed)

Infant has been found to be healthy

Special needs for this infant included:

Next scheduled visit at 2 months of age.

Dr. Desena; Gruchot; Houston; Peterson; Hadjuk

Breast Feeding

The typical breast fed infant will nurse every 1-3 hours. Vitamin D supplementation is recommended for breast fed babies, this combination provides all the nutrition your infant needs.

Formula Feeding

Formula fed infants generally take 2-3 ounces every 2-3 hours for a total of 24 ounces a day. Use an iron fortified formula, not low iron formula.

Foods to Avoid

Newborn infants should not get solid foods, such as infant cereal. Infants less than 12 months old should not be fed dairy products or honey products.

Sleep

Newborns will sleep more than they are awake. They should be placed on their backs to sleep, even for naps. Do not put your baby to bed with a bottle. Avoid putting pillows and blankets in your baby's crib.

Stooling

There is a wide range for "normal" stooling. Where some infants may stool after every feeding, others may stool every 2-3 days. The stool should be yellow in color and soft.

Safety

Use a rear facing car seat. Assure hot water at the tap is less than 120F. Use smoke detectors and avoid second hand smoke. Keep hot beverages, cigarettes, small objects and plastic bags away from your infant. Older siblings, although trying to help, may put an infant at risk for injury.

Activities

Talk and sing to your baby. They also enjoy rocking and cuddling.